



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Becker, Jörg**

Club: Erfurt  
Number: 1154

Course: 10.00 km  
Wertungslauf um den Braugold-Pokal

Category:  
Senioren M30 (30-39 Jahre)

Total time: 44:29

Speed: 13.49 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 129 (of 686)

Rank in course/Men: 119 (of 543)

Best time in course: 29:39

Rank in category: 35(of 136)

Best time in the category: 32:18

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:30	4:15	24	2:05	87	2:28	2.00	8:30	4:15	35	2:05	70	2:28
Runde	2.00	8:45	4:22	40	2:13	125	2:48	4.00	17:15	4:18	26	4:18	85	5:16
Runde	2.00	8:54	4:27	39	2:14	128	2:59	6.00	26:09	4:21	34	6:32	66	8:15
Runde	2.00	9:13	4:36	48	2:45	159	3:18	8.00	35:22	4:25	34	9:17	125	11:33
Leichtathletikh	2.00	9:07	4:33	56	2:54	184	3:17	10.00	44:29	4:26	35	12:11	119	14:50